

Hengist Field Care Home residents enjoy a mindful art session



On Wednesday 12 July we did some mindful art in the afternoon, when our Hengist Field Care Home residents chose from a selection of pictures to colour/shade as they wished.

We had **soothing music** playing in the background, with a relaxing picture on our television that everyone said was calming and pretty.

The afternoon went so well and all the pictures created were amazing and so colourful.